

4 STEPS FOR KIDS



Child Passenger Safety

A Parent's Primer

Growing Up Safe: It's a four-step process.

1 Rear-Facing Seats

- For the best possible protection, keep infants in the back seat in rear-facing child safety seats as long as possible up to the height or weight limit of the particular seat. Keep infants rear-facing until a minimum age of 1 and at least 20 pounds.



2 Forward-Facing Seats

- When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds), they should ride in forward-facing child safety seats in the back seat until they reach the upper weight or height limit of the particular seat.



3 Booster Seats

- Once children outgrow their forward-facing seats, they should ride in booster seats in the back seat until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).



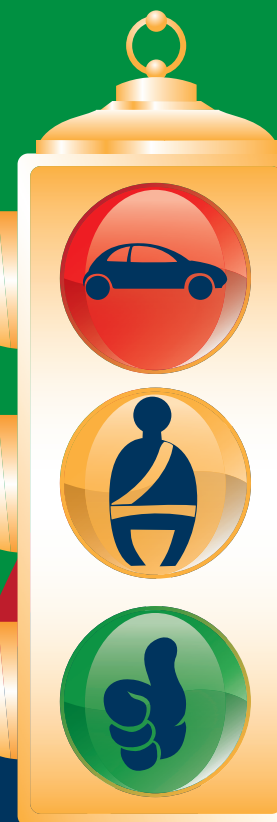
4 Seat Belts

- When children outgrow their booster seats (usually at age 8 or when they are 4'9" tall), they can use the adult seat belt in the back seat if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).



A certified child passenger safety technician can check your car seat installations and answer questions. To find a technician or an inspection station near you, contact your local public health unit or call the North Dakota Department of Health at 800.472.2286.

REMEMBER: All children younger than 13 should ride in the back seat. Always read the child restraint instructions and the vehicle owner's manual.



Ready? Safe? Go!



Activity Booklet
For Students
In Grades
3-6



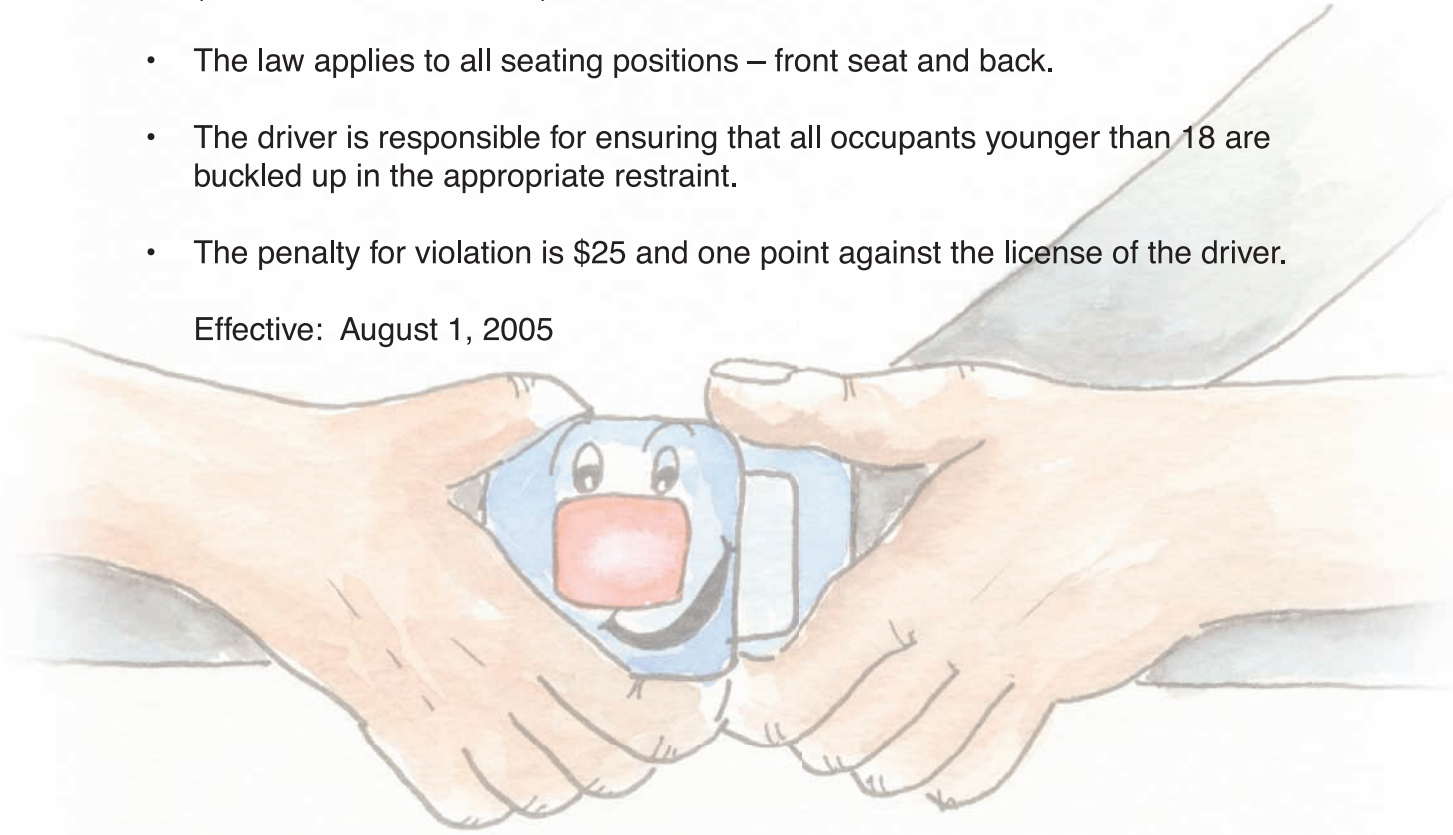
NORTH DAKOTA
DEPARTMENT of HEALTH



NORTH DAKOTA'S CHILD PASSENGER SAFETY LAW

- Children younger than 7 are required to ride in a child restraint (car seat or booster seat). The restraint must be used correctly – following the manufacturer's instructions.
- A seat belt may be substituted for children younger than 7 who weigh more than 80 pounds and are more than 57 (4'9") inches tall.
- A lap belt may be used by children who weigh more than 40 pounds who ride in vehicles with lap-only seat belts or if all lap and shoulder belts are used by other occupants. (This is because booster seats require both a lap and shoulder belt for correct use.)
- Children ages 7 through 17 must be properly secured in a seat belt or child restraint (car seat or booster seat).
- The law applies to all seating positions – front seat and back.
- The driver is responsible for ensuring that all occupants younger than 18 are buckled up in the appropriate restraint.
- The penalty for violation is \$25 and one point against the license of the driver.

Effective: August 1, 2005



North Dakota Department of Health
Injury Prevention Program
800.472.2286

NDDOT
North Dakota
Department of Transportation



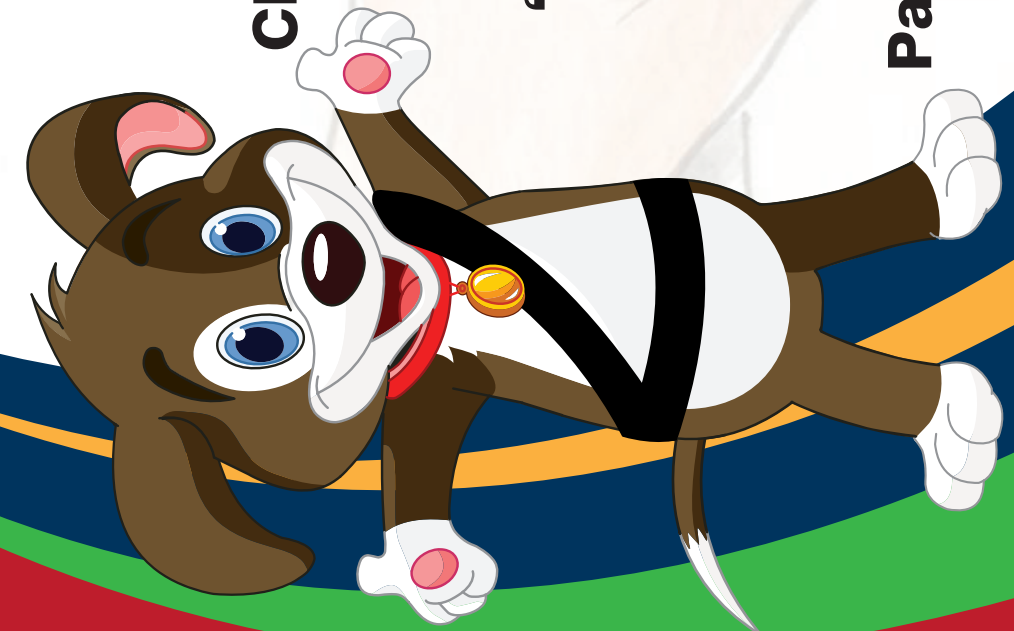
Buckle Up Pledge A Parent/Child Promise

**“I Promise to buckle up in the back seat
every time I ride in a car and to remind
others to buckle up too!”**

Child's Signature:

**“I Promise to remind my child to buckle up
correctly in the back seat every ride and
to wear my own seat belt.”**

Parent's Signature:



WORD SEARCH



Buckle up
Back seat
Survive
Crash
Air bags
Seat belt
Live
Law
Safe
Die
Passenger
Driver
Protection
Speed
Traffic
Police
Ticket
Booster
Injury

E Q H P J V Y B P C T H C O Y
C V P L L L A I A D W X W A W
H F I I V C A R S E N H D C Z
G S T V K R E N S F N U E D S
P O A S R T T L E B T A E S G
Z R E R S U T B N D Q I P G A
X A O O C I S K G O R B S Y B
T X O T C G U A E K P I X R R
Z B V K E Y Q A R D O Z V X I
G P E M L C B U C X L E E E A
K T O Q X A T D W L I N Z X R
Y R U J N I W I X M C J H E H
S A F E J Z J E O K E X V C G
L Z C I F F A R T N F I C X B
B U C K L E U P Z Y L R X H I

**BUCKLE UP
IN THE
BACK SEAT!**



CROSSWORD PUZZLE

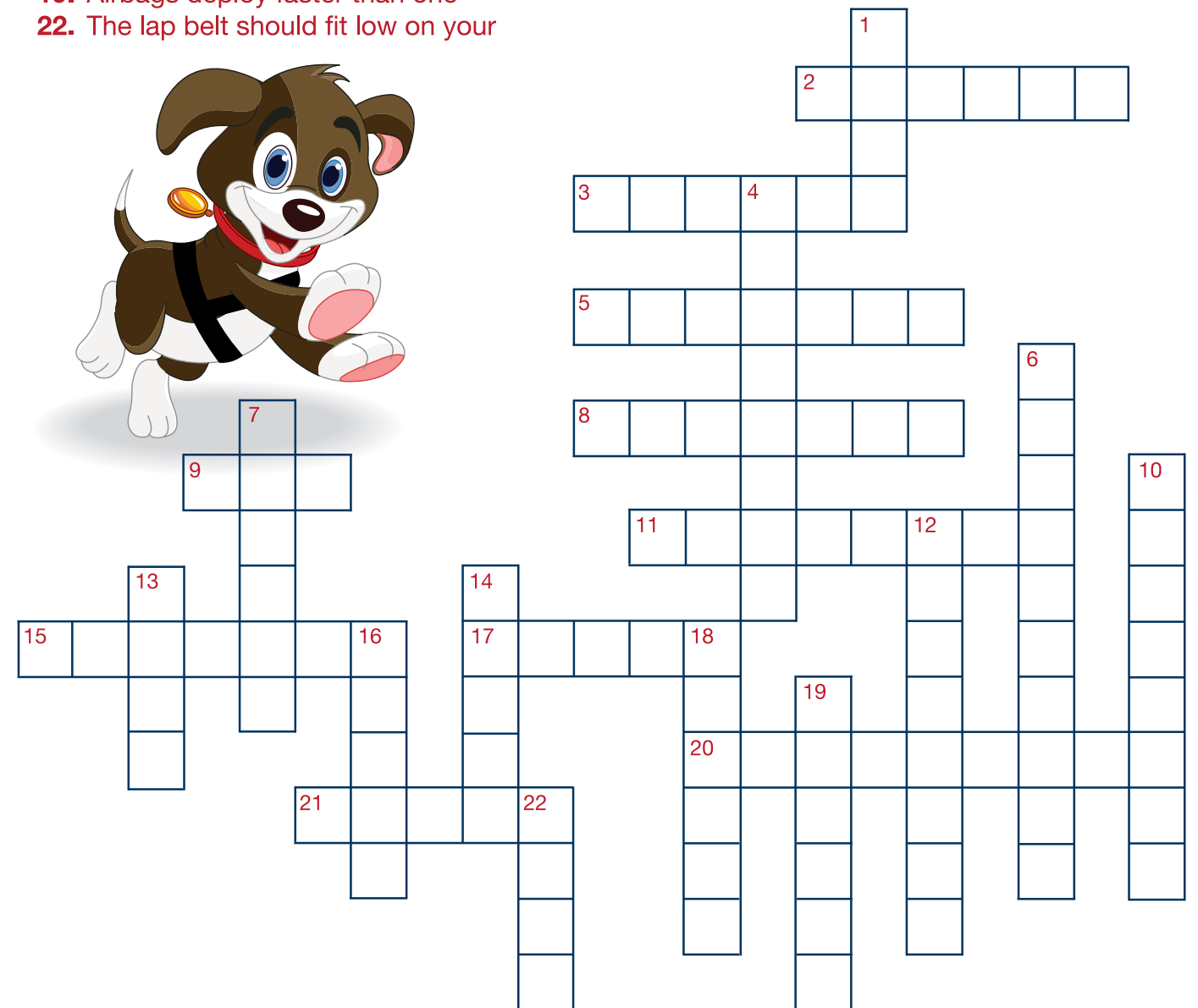


Down

1. Seat belts should fit
4. Safest place to sit in the car
6. Seat belts offer
7. Buckle up for
10. Friends tell friends to
12. Who should buckle up
13. Most crashes happen close to
14. The shoulder belt should fit across your
16. Seat belts save
18. Okay age for sitting in the front seat
19. Airbags deploy faster than one
22. The lap belt should fit low on your

Across

2. Seat belts prevent
3. Explodes when a 25 mph crash happens
5. Seat belts keep you from being
8. Kids less than 4 foot 9 inches tall should use a
9. You need to wear a seat belt, it's the
11. Will save your life
15. Most common type of crash
17. Make buckling up a
20. When to buckle up
21. Seat belts can prevent



1. snug 2. injury 3. airbag 4. backseat 5. ejected 6. protection 7. safety 8. booster 9. law 10. bucklup 11. seatbelt 12. everyone 13. home 14. chest 15. frontal 16. lives 17. habit 18. twelve 19. second 20. everytime 21. death 22. hips

CRACK THE CODE



Decode the Message Below.

P V N L W E Z M B R S J Y G C F D K U Q T H O A I X
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Example: MWJJC = M is H, W is E, J is L and C is O: Hello

Code Word

Decoded Word

1. FKWHWGQ
2. BGRTKBWU
3. PGL
4. LWPQM
5. VTNSJW
6. TF
7. ECK
8. JBEW

_____!



Code Word

Decoded Word

1. QMW
2. VPNS
3. UWPQ
4. BU
5. UPEWK
6. QMPG
7. QMW
8. EKCGQ
9. UWPQ

_____!



Using the decoded words (in order from top to bottom), spell out the secret sentences.

Prevent injuries and death, buckle up for life!
The back seat is safer than the front seat!

MORSE CODE MESSAGE



Solve the messages below by placing the letter above each code, then put the letters together to spell a secret message (but the message is really not a secret!).

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

1. -- - - ...
2. ---
3. --- - . --- -
4. --- --- ...
5. --- ---
6. -- ----
7. .. -.
8. -
9.- --- --- - -
10. . --- . - - --- - .. - .
11. --- --- ...
12. -- .. - .



Secret Message:

_____!

Children 12 and younger should ride in the back seat — even if your vehicle does not have air bags. Most crashes are frontal crashes and happen close to home.

Secret Message: Seat belts will protect you! Buckle up in the back seat every time you ride!